

Spring Colds Are the Worst

They lead to catarrh and pneumonia. They weaken the entire system and leave it unable to resist the sudden changes. They interfere with your digestion and lessen your activity. Neglected they soon become that dread disease known as systemic catarrh. Don't neglect them. It's costly as well as dangerous.

PERUNA Will Safeguard You

Have a box of Peruna Tablets with you for the sudden cold or exposure. Tone your system up with a regular course of the liquid Peruna, fortify it against colds, get your digestion up to normal, take care of yourself, and avoid danger. If you are suffering now begin the treatment at once. Give Nature the help she needs to throw off the catarrhal inflammation, and again become well. Peruna has been helping people for 44 years. Thousands of homes rely on it for coughs, colds and indigestion. It's a good tonic for the weak, as well.

The Peruna Company
Columbus, Ohio

Teaching Children Natural History.

The approved method of teaching very young children is to disguise the instruction under the cloak of amusement. An interesting development in the carrying out of this idea is found in the sand pictures of Walter A. Ward, which are described in the Popular Science Monthly. Cardboards covered with colored pictures of animals are given to the children together with bottles containing the variously colored sand. The children paint the body of the animals with glue, and then carefully cover the colored portions of the animal bodies with the appropriate colors of sand.

Acquitted.

"I think Algy has been in a poker game. If I were sure I would give him fits."

"Why your suspicions?"

"He was talking in his sleep last night about pot luck."

"Don't be too severe on your husband. That sounds more like an invitation to dinner."

"Perhaps you are right. He was speaking later of table steaks."

Mean Surmise.

"The girl we met at Anne's is always boasting of the calls she has."

"I guess she's a telephone operator."

Spartan Women Suffered Untold Tortures but who wants to be a Spartan? Take "Femmina" for all female disorders. Price 50c and \$1.00.—Adv.

The fiber of a species of hemp native to the Azores has been found useful in paper manufacture.



Building-up for the Spring Attack at the Front is a good deal like putting the body in condition for an invasion of the germs of grip, pneumonia or "Spring fever" here at home.

At this time of the year most people suffer from a condition often called Spring Fever. They feel tired, worn out, before the day is half thru. They may have frequent headaches and sometimes "pimples" or pale skin and white lips. The reason for this is that during the wintertime, shut up within doors, eating too much meat and too little green vegetables, one heaps fuel into the system which is not burned up and the clinkers remain to poison the system—a clogging up of the circulation—with inactive liver and kidneys. Time to put your house in order.

For an invigorating tonic which will clarify the blood, put new life in the body, sparkle to the eyes, and a wholesome skin, nothing does so well as a glyceric herb extract made from Golden Seal root, Blood and Stone root, Oregon grape root and Wild Cherry bark. This can be had in convenient, ready-to-use tablet form at all drug stores, sixty cents, and has been sold for the past fifty years as Dr. Pierce's Golden Medical Discovery. By reason of the nerves feeding on the blood, when the blood is pure the nerves feel the effect, and neuralgia or other nerve pains disappear because such pain is the cry of the starved nerves for food. When suffering from backache, frequent or scanty urine, constant tired feeling, the simple way to overcome these disorders is merely to obtain Dr. Pierce's Anuric from your druggist. In tablets, sixty cents.

CABBAGE PLANTS—FROSTPROOF Ready now. Early Flat Dutch, Big Wakenfield, Surehead, Succession. All seasons. \$2.50 per 1,000; 5,000, \$12.50 per 1,000. CORDON NURSERY, Corden, Ark.

W. N. U., LITTLE ROCK, NO. 15-1918.

SUNDAY SCHOOL LESSON

(By REV. F. B. FITZWATER, D. D.,
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LESSON FOR APRIL 14

JESUS REQUIRES CONFESSION AND LOYALTY.

LESSON TEXT—Mark 8:27-38.
GOLDEN TEXT—Whoever will come after me, let him deny himself, and take up his cross, and follow me.—Mark 8:34.
DEVOTIONAL READINGS—Romans 10:8-10; Hebrews 12:1-2, 12-15.
ADDITIONAL MATERIAL FOR TEACHERS—Luke 9:18-27; 57-62.
PRIMARY AND JUNIOR TOPIC—Jesus and the Blind Man.
LESSON MATERIAL—Mark 8:22-26.
PRIMARY MEMORY VERSE—He hath done all things well.—Mark 7:37.

The time has now come for Jesus to take account of his ministry. Having been rejected by the rulers, he goes into retirement with his disciples. His primary object in his teaching during this time is to prepare the disciples for the tragedy of the cross, which he knew was so near. His teaching gathers around the great cardinal doctrines of the Christian faith. He instructs them touching his person, atoning death, resurrection and glorious coming again. He knew that in the measure that they intelligently apprehended these things they would be able to pass through the ordeals before them. The same is true today. Those who clearly apprehend the Divine Person, the vicarious atonement, the glorious resurrection, and second coming of Christ, are undisturbed by the world tragedies of the present hour.

I. Peter's Confession of Christ (vv. 27-30).

Two questions of Christ provoked this confession:

1. "Whom do men say that I am?" (vv. 27, 28).

This question referred to the opinions of the people regarding Jesus. Some believed him to be John the Baptist, some Elijah, and some one of the prophets. They all recognized him to be a teacher or prophet with more than human authority and power. Today, as then, there is a diversity of opinion among people as to Jesus Christ. Some think that he was only a man, others that he was a great teacher, but nothing more. Jesus was not content with this acknowledgment. Had he been satisfied with this, he would not have been molested in Jerusalem, for the Jews willingly acknowledged him as much more than a human teacher.

2. "Whom say ye that I am?" (vv. 29, 30).

II. Jesus Teaching Concerning the Cross (vv. 31-33).

Christ charged the disciples not to make public his Messiahship, as that would precipitate the crisis. The disciples needed much instruction yet to prepare them for the crucial hour of the cross.

1. What he taught (v. 31).

(1) "The Son of Man must suffer many things."
He suffered physical weariness and hunger, ridicule and contempt, and even misunderstanding and lack of appreciation on the part of his friends and disciples.

(2) "Be rejected of the elders, chief priests and scribes."

These were the nation's official representatives, the very ones who should have known and received Christ and recommended his reception on the part of the nation. Truly, he came to his own, and his own received him not—John 1:11. To be rejected by one's own friends and relatives is doubly painful.

(3) "Be killed."

This announcement was startling to the disciples. They had not yet come to realize that redemption was to be accomplished through the passion and the cross. Jesus now states with definiteness and certainty that he must die on the cross. This necessity was due primarily to the fact that it was the divine purpose to make the death of Christ the heart and core of the atonement; and also, to human hatred and opposition.

(4) "Rise again."

Though this was utterly incomprehensible to the disciples, he shows them that this would be the glorious issue of his death.

III. The Cost of Discipleship (v. 34).

The law of the Christian life is suffering. To follow Christ means to turn one's back upon the world. To repudiate the world means to incur the hatred of the world. To be Christians, therefore, means to share Christ's sufferings.

1. There must be denial of self (v. 34).

This means the sufferings and shame which lie in the path of loyalty to God. To live the godly life means suffering (2 Tim. 3:12).

3. Christ must be followed (v. 34).

This means to have the mind of Christ (Phil. 2:5) and to perform the service of Christ.

Lemons Whiten and Beautify the Skin! Make Cheap Lotion

The juice of two fresh lemons strained into a bottle containing three ounces of orchard white makes a whole quart pint of the most remarkable lemon skin beautifier at about the cost one must pay for a small jar of the ordinary cold creams. Care should be taken to strain the lemon juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan and is the ideal skin softener, smoothen and beautifier.

Just try it! Make up a quarter pint of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It should naturally help to whiten, soften, freshen and bring out the hidden roses and beauty of any skin. It is wonderful for rough, red hands.

Your druggist will sell three ounces of orchard white at little cost, and any grocer will supply the lemons. Adv.

Burden Lifted.

First Monkey—Now the scientists say that we are descended from man.

Second Monkey—Thank heaven we need not feel responsible for him any longer.

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. Sold by druggists for over forty years. Price 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Holderless Pen.

A European inventor has devised a metal blank with four clamps which carries a pen at the end. This device clamped around the forefinger is said to make writing much easier than when a penholder is used.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Fletcher*
In Use for Over 30 Years.
Children Cry for Fletcher's Castoria

First Grade.

"What grade of potatoes are these?"
"Look a good bit like the infant class," said the other shopper.

NO MALARIA—NO CHILLS.

"Plantation" Chill Tonic is guaranteed to drive away Chills and Fever or your money refunded. Price 50c.—Adv.

In Keeping.

"He talks with a burr."
"Tells a good many chestnuts, too."
—Louisville Courier-Journal.

THIS IS THE AGE OF YOUTH.

You will look ten years younger if you darken your ugly, grizzled, gray hairs by using "La Creole" Hair Dressing.—Adv.

Gone.

Mrs. A.—"I thought your cook was a jewel." Mrs. B.—"So she was, but she has been reset."

Calomel Users! Listen To Me! I Guarantee Dodson's Liver Tone

Your druggist gives back your money if it doesn't
liven your liver and bowels and straighten
you up without making you sick.

Ugh! Calomel makes you sick. It's horrible! Take a dose of the dangerous drug tonight and tomorrow you may lose a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel, when it comes into contact with sour bile, crashes into it, breaking it up. This is when you feel that awful nausea and cramping. If you are sluggish and "all knocked out," if your liver is torpid and bowels constipated or you have headache, dizziness, coated tongue, if breath is bad or stomach sour, just try a spoonful of harmless Dodson's Liver Tone tonight.

Here's my guarantee—Go to any drug store and get a bottle of Dodson's Liver Tone for a few cents. Take a

spoonful and if it doesn't straighten you right up and make you feel fine and vigorous I want you to go back to the store and get your money. Dodson's Liver Tone is destroying the sale of calomel because it is real liver medicine; entirely vegetable, therefore it cannot salivate or make you sick.

I guarantee that one spoonful of Dodson's Liver Tone will put your sluggish liver to work and clean your bowels of that sour bile and constipated waste which is clogging your system and making you feel miserable. I guarantee that a bottle of Dodson's Liver Tone will keep your entire family feeling fine for months. Give it to your children. It is harmless; doesn't gripe and they like its pleasant taste.



Puts a .. Stop to all Distemper

CURES THE SICK

And prevents others having the disease no matter how exposed. 50 cents and \$1 a bottle, \$5 and \$10 a dozen bottles. All good druggists and turf goods houses.

Spohn Medical Co., Manufacturers, Goshen, Ind., U.S.A.

Relieve Your Rheumatism For 25c.

NR does it by improving
digestion, assimilation
and elimination—
the logical way.

NR Today—Relief or No Pay

There are three vital processes of human existence—the digestion of food, the extraction of nourishment from it and the elimination of the waste.

Let anything interfere with these processes,—let them be interrupted or improperly carried on, and sickness of some kind follows.

Poor digestion and assimilation means failure to derive full nourishment from food and that in turn often means impoverished blood, weakness, anemia, etc. Poor elimination means an accumulation of waste matter which poisons the body, lowers vitality, decreases the power of resistance to disease and leads to the development of many serious ills.

Rheumatism,—due to some interference with the process of elimination, failure to get rid of certain body poisons,—cannot be expected to yield to any medicine that fails to correct the condition responsible for it. Could any reasonable person expect to rid himself of rheumatic pain as long as

rheumatic poison is allowed to remain in the body.

Think of this. It explains the success of Nature's Remedy (NR Tablets) in so many cases where other medicines have failed. Thousands are using NR Tablets every day and getting relief. Why pay five or ten times as much for uncertain things? A 25c box of Nature's Remedy (NR Tablets), containing enough to last twenty-five days,—must help you, must give you prompt relief and satisfactory benefit or cost you nothing.

And Nature's Remedy is not only for the relief of rheumatism. It improves digestion, tones the liver, regulates kidney and bowel action, improves the blood and cleanses the whole system. You'll feel like a new person when you've taken NR Tablets a week. You've tried the expensive medicines and doctors, now make the real test. You'll get results this time. Nature's Remedy (NR Tablets) is sold, guaranteed and recommended by your druggist.

Nature's Remedy
NR-TABLETS-NR

Better Than Pills
For Liver Ills.
Get a 25c Box

cheek and lots of chin in a barber shop.

Always sure to please, Red Cross Ball Blue. All grocers sell it. Adv.

A woman makes a rival happy by envying her.

The man who foots the bills always has a kick coming.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative, three for a cathartic. Ad.

The detective's salary is spot cash.

Middle Aged Women

Are Here Told the Best Remedy
for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GODDEN, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISILLA, Box 197, North Haven, Conn.

In Such Cases

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

